

May 2010



***The Hartford Recreation Division is gearing up for Spring and Summer seasons full of choices for our residents.***



Eddie A. Perez  
Mayor



Carlos Rivera  
Director

## *Encourage Sports For Our Children*

**T**he **SPORTS ZONE PROGRAM** at Pope Park is a great way to introduce children ages 8 to 12 to a variety of sports such as flag football, baseball, softball, volleyball, soccer, basketball, and swimming in a safe structured environment. All activities and games take place in a positive, educational environment under the guidance of the department's recreation and lifeguard teams. Participants will learn the basics of each sport. They will develop their skills in sportsmanship, game rules and scoring. This program aims to give each child a solid base to continue and build on the sports of their choice for the future.



Call us at **860-757-4880** to get a detailed schedule, or visit us on the web! **[www.hartford.gov/Human\\_Services](http://www.hartford.gov/Human_Services)**

## *Outdoor Nature Program at Keney Park*

**Now that spring is here it's a great time to go and exercise the old fashioned way; outside!**



**I**n partnership with the Department of Environmental Protection's No Child Left Inside Program and the Friends of Keney Park, this innovative hands-on program is designed to inspire children to explore the wonders of science and nature in their own backyards. Keney Park will serve as the main outdoor lab allowing participants to explore the relationships between the natural world, our communities and ourselves.

This exciting program will be offered from June 21st to August 13 and will meet Monday through Friday from 8:30am to 3:30pm.

**Don't miss it! Call us at 860-757-4880 to sign up.**



## Supervised Playgrounds

Supervised playgrounds are summer “drop-in” sites where children can participate in a variety of outdoor boundless playscapes, and have access to basketball and tennis courts. Our recreation team supervises a wide variety of informal recreational activities including playground games, and board games. It is a great place to be with friends and to meet new ones. Playgrounds may not be supervised by staff due to inclement weather or during city-wide special events. Be sure to call us to check in on all of our activities.

☆Goodwin Park   ☆Foster Heights Playground   ☆Day Park   ☆Pope North  
☆Sigourney   ☆Columbus/South End Park   ☆Colt Park   ☆Rocky Ridge Park

## Recreation for all Ages!

*Hartford Recreation Announces Programming for the Young and the Young at Heart.*

The **FORTY PLUS CLUB** is a program designed to develop health and wellness strategies through participation in regular physical activity to help reduce the risks of chronic diseases and disabling conditions while helping improve the mental health, physical function and overall health of our participants.



Dates	Hours	Ages	Location
<b>June 21 to August 13</b>	M—F, 5:30pm to 9:00pm	40 and up	Parker Memorial Center 2621 North Main Street

The **SENIOR CAMP PROGRAM** will welcome Hartford residents 55 and over to beautiful Elizabeth Park to participate in a variety of daily physical activities and social programs. All activities are designed to help seniors maintain an active lifestyle and a link to their community through, among others, bocce ball, quilting, arts and crafts, walking, stretching and bingo.

Dates	Hours	Ages	Location
<b>July 6 to August 13</b>	M—F, 9:00am to 3:00pm	55 and over	Elizabeth Park Pond House

### Did You Know?

There's no better way to get active than to dance! It doesn't have to be perfect—sometimes it's more fun to be silly! Just turn up the music and move to the beat.

## Enjoy the Beach, Hartford Style!

### Batterson Park Weekend Program



Batterson Park is a water facility with beach area. The Park facility includes beach (supervised by lifeguards), picnic tables, grills, dressing rooms and free parking. From Memorial day to Labor day (10am to 8pm Saturdays and Sundays), come enjoy a day of fun family outdoor activity.

Entry fees: Residents—Children (\$1.00) Adult (\$3.00) 60 and Up (\$2.00)  
Non Residents—Children (\$1.50) Adult (\$5.00) 60 and Up (\$3.00)

**For directions to the park, please call the Recreation Division at 860-757-4880**

City of Hartford Department of Health and Human Services, Recreation Division  
**Visit us on the web! [www.hartford.gov/Human\\_Services](http://www.hartford.gov/Human_Services)**